

Heartsaver CPR and Heartsaver First Aid

Heartsaver CPR

- 4 hours
- Step by step video instruction
- Hands-on practice with instructor
- Learn to perform Cardiopulmonary Resuscitation (CPR) and to use an automated external defibrillator (AED)

For non-medical responders including:

- Corporate and retail employees
- Security
- Law enforcement
- Health and fitness staff
- Anyone who needs basic CPR certification

Learn to identify and begin treatment of common life-threatening emergencies:

- Heart attack or stroke
- Cardiac or respiratory arrest
- Choking
- Child or infant with a breathing or heart-related emergency

Heartsaver First Aid

- Optional module with Heartsaver CPR
- Basic first aid designed for non-medical personnel
- 3 hours
- Step by step video instruction
- Hands-on practice with instructor

Learn to identify and begin treatment of common life-threatening emergencies such as:

- Heart attack or stroke
- Allergic reaction
- Diabetic emergencies
- Seizures
- Shock
- Hypothermia and other environmental emergencies